



# SAFETY ADVISOR

FEBRUARY 2016

**KEEP  
RIGHT**  
EXCEPT  
TO PASS

## February is All About Our Hearts

February is Heart Health Month as well as Valentine's Day, so it's time to celebrate the ways we can keep our hearts and those of our loved ones healthy and happy. So show your heart some love this February and it will thank you all year round.

Tips for a healthy heart this Valentine's Day:

- **Choose chocolate.** Share some dark chocolate with your sweet-heart. Studies show that eating less than an ounce a day can lower systolic blood pressure by three to four points. High blood pressure or hypertension, which affects one in three American adults, is a major contributor to cardiovascular disease (CVD).
- **Steal a kiss with garlic breath.** Eating one to three cloves of fresh garlic daily is a good way to control high cholesterol, another major factor in CVD. You can crush the clove and add it to extra virgin olive oil for a yummy dip or dressing that can slash your cholesterol level by 10 to 12 points.
- **Go nutty.** Snack on a handful of tree nuts daily. Studies have shown that eating walnuts, which are rich in heart protecting mono-unsaturated fats, can help lower

blood cholesterol. The same is true of other tree nuts such as almonds and macadamia nuts.

- **Make this month "eggs-traordinary."** Contrary to popular belief, new studies reveal that eating even as many as six eggs a day has no effect on blood cholesterol levels. Eggs are rich in heart healthy nutrients like protein, vitamin B12, riboflavin, vitamin D and folate.
- **Go fishing.** The American Heart Association has endorsed the use of omega-3 fatty acids for secondary prevention of heart disease such as the prevention of angina, heart attacks, strokes and other cardiovascular events in people diagnosed with CVD. A high quality fish oil supplement, as well as regular consumption of fatty fish such as salmon, sardines and mackerel, are all great sources of omega-3s.

By following these simple tips to show your heart some loving, you'll feel the heart healthy difference.

Health/Health-News/heart-health-valentine/2016/01/28/id/711679/



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# AMERICAN HEART MONTH

This American Heart Month the Centers for Disease Control and Prevention (CDC) is encouraging Americans to know their blood pressure, and if it's high, to make control their goal.

Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and drugstores or even check it yourself at home, using a home blood pressure monitor.

## High Blood Pressure Facts

Having high blood pressure puts you at risk for heart disease and stroke, leading causes of death in the United States.

- ◆ High blood pressure was a primary or contributing cause of death for 360,000 Americans in 2008, or nearly 1,000 deaths a day.
- ◆ 70 million American adults (29%) have high blood pressure. That's 1 in every 3 American adults.
- ◆ Half of American adults with high blood

pressure don't have it under control.

- ◆ About 30 percent of American adults have prehypertension, blood pressure measurements that are higher than normal, but not yet in the high blood pressure range. Having prehypertension raises your risk of developing high blood pressure.
- ◆ High blood pressure usually has no warning signs or symptoms, so many people don't realize they have it.
- ◆ Reducing average population sodium intake from 3,300 mg to 2,300 mg per day may save 18 billion health care dollars and reduce cases of high blood pressure by 11 million annually.
- ◆ High blood pressure costs the nation almost \$46 billion annually in direct medical expenses and \$3.6 billion in lost productivity.

Blood pressure is written as two numbers. The first (systolic) number represents the pressure in your blood vessels when your heart beats. The second (diastolic) number represents the pressure in your vessels when your heart rests between beats.

### Normal

systolic: less than 120 mmHg.  
diastolic: less than 80mmHg.

### At risk

systolic: 120–139 mmHg.  
diastolic: 80–89 mmHg.

### High

systolic: 140 mmHg or higher.  
diastolic: 90 mmHg or higher.

<http://www.cdc.gov/Features/HeartMonth/index.html>

## ***Know the Warning Signs***

### **Heart Attack Warning Signs**

Some heart attacks are sudden and intense, the "movie heart attack" where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest Discomfort**-Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body**-Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath**- with or without chest discomfort.
- **Other signs**- may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

### **Stroke Sign Warnings (Remember F-A-S-T)**

- **Face Drooping**-Does one side of the face droop or is it numb? Ask the person to smile.
- **Arm Weakness**-Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty**-Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **Time to call 9-1-1**-If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

### **Cardiac Arrest Warning Signs**

- **Sudden loss of responsiveness**-No response to tapping on shoulders.
- **No normal breathing**-The victim does not take a normal breath when you tilt the head up and check for at least five seconds.
- **Heart attacks, strokes, and cardiac arrest** are life and death emergencies, every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1 or your emergency response number. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast!

<http://www.heart.org/HEARTORG/General/911---Warnings-Signs-of-a-Heart-Attack>



# TOP 10 ACCOMPLISHMENTS TO CELEBRATE OUR 10TH ANNIVERSARY

The American Heart Association's Go Red For Women is the world's largest network standing together to *stop heart disease*. For more than a decade, we've led the fight to protect women's hearts through research and education.

Millions of women are uniting to attack heart disease by wearing a red dress, our public symbol of the fight. The more women we mobilize to stop our No. 1 health threat, the more lives we can save.

## MORE GENDER-SPECIFIC

### INEQUALITIES HAVE BEEN IDENTIFIED

Women are less likely than men to receive aggressive diagnoses and treatments for cardiovascular diseases. *But this is changing!*

Among Medicare patients, men are 2 to 3 times more likely than women to receive implantable cardioverter-defibrillators (ICDs) for the prevention of sudden cardiac death.

## SUCCESSES

Here's to our *and a look at the work yet to be done.*

### OVER THE LAST 10 YEARS...

**34%** fewer American women now die from heart disease.

## MORE LIVES ARE BEING SAVED.

More than **627,000** women's lives have been saved.

Nearly 90% of Go Red participants have made healthy lifestyle changes.

37% have lost weight.

43% have checked their cholesterol levels.

More than half now exercise more.

6 in 10 have changed their diets.

1 in 3 has talked with her doctor about developing a heart health plan.

## MEDICAL RESEARCH

### HAS BECOME GENDER-SPECIFIC.

The FDA is now required to report on the extent to which clinical trial results are reported by gender, so it's easier to draw conclusions about the disease's effects on women.

## MORE GENDER-SPECIFIC GUIDELINES HAVE BEEN DEVELOPED.

More physicians recognize that women's symptoms and responses to medication differ from men's.

## MORE ADVOCACY

### EFFORTS PAVED THE WAY.

Women no longer pay higher premiums than men for the same health insurance coverage.

## MORE COMMUNITIES HAVE JOINED OUR FIGHT.

Registration for Go Red For Women has grown from 395,000 to 1,751,512.

More than 25 million Red Dress pins have been worn in support of the cause.

## MORE WOMEN MINIMIZED THEIR RISK.

Among American Women, smoking has decreased by **15%**

and high cholesterol has declined by **18%**

## MORE WOMEN ARE AWARE.

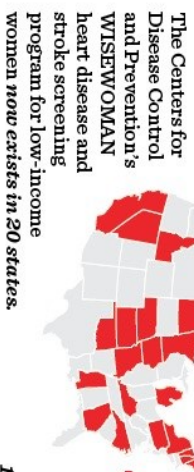
**x2** Awareness has doubled among Hispanic women

**x3** and tripled among African American women.

## MORE WOMEN ARE TAKING OWNERSHIP.

**AMERICA IS BECOMING MORE AWARE.**

**23%** more Americans know that heart disease is the No. 1 killer of women.



Go Red heart checkups have increased from 127,227 to 1,960,704.

More than 185 cities host Go Red For Women luncheons and events.

More than 2,000 landmarks light up in red on National Wear Red Day.



Driving slowly in the fast lane is more than just annoying, it's also illegal in many states. The left hand lane of an Interstate highway is designated as the passing lane. The right lane in this system is called the travel lane. If there are 3 or more lanes of traffic moving in the same direction the far left lane is designated as the passing lane. The far right lane is typically used for those to safely enter or exit the highway at speeds less than the speed limit. The center lane or lanes are the travel lanes. Consider right to left lanes as slowest to fastest.

FL Statute 316.081 *Driving on right side of roadway; exceptions.*

- (1) Upon all roadways of sufficient width, a vehicle shall be driven upon the right half of the roadway, except as follows:*
  - (a) When overtaking and passing another vehicle proceeding in the same direction under the rules governing such movement;*
  - (b) When an obstruction exists making it necessary to drive to the left of the center of the highway; provided any person so doing shall yield the right-of-way to all vehicles traveling in the proper direction upon the unobstructed portion of the highway within such distance as to constitute an immediate hazard;*
  - (c) Upon a roadway divided into three marked lanes for traffic under the rules applicable thereon; or*
  - (d) Upon a roadway designated and signposted for one-way traffic.*

*Cont'd page 6*

(2) *Upon all roadways, any vehicle proceeding at less than the normal speed of traffic at the time and place and under the conditions then existing shall be driven in the right-hand lane then available for traffic or as close as practicable to the right-hand curb or edge of the roadway except when overtaking and passing another vehicle proceeding in the same direction or when preparing for a left turn at an intersection or into a private road or driveway.*

(3) *On a road, street, or highway having two or more lanes allowing movement in the same direction, a driver may not continue to operate a motor vehicle in the furthestmost left-hand lane if the driver knows or reasonably should know that he or she is being overtaken in that lane from the rear by a motor vehicle traveling at a higher rate of speed. This subsection does not apply to drivers operating a vehicle that is overtaking another vehicle proceeding in the same direction, or is preparing for a left turn at an intersection.*

(4) *Upon any roadway having four or more lanes for moving traffic and providing for two-way movement of traffic, no vehicle shall be driven to the left of the centerline of the roadway, except when authorized by official traffic control devices designating certain lanes to the left side of the center of the roadway for use by traffic not otherwise permitted to use such lanes, or except as permitted under paragraph (1)(b). However, this subsection shall not be construed as prohibiting the crossing of the centerline in making a left turn into or from an alley, private road, or driveway.*

(5) *A violation of this section is a noncriminal traffic infraction, punishable as a moving violation as provided in chapter 318.*





# Be a Team Player.

## Designate a Sober Driver.

### *FANS DON'T LET FANS DRIVE DRUNK.*



LET'S GET YOU HOME SAFE.  
Get the APP for a SaferRide home.  
Download NHTSA's new SaferRide mobile app.

# February Holiday Histories

## Groundhog Day History

Groundhog Day marks the midway point between the winter solstice and the vernal equinox. It is a derivative from the early Christian holiday of Candlemas Day. The holiday is commemorated when a famous groundhog, Punxsutawney Phil, emerges from his burrow and looks for his shadow. The tradition goes that this day, is used to help determine how many weeks of winter might be left. It is observed every year on February 2nd and was established in 1887.

*"This is one time where television really fails to capture the true excitement of a large squirrel predicting the weather."* - Phil Connors from the Movie *Groundhog Day*.

## Valentine's Day History

The idea of Valentine's Day seems to have originated during the Middle Ages, somewhere around the 14th or 15th century. The holiday is named after a Saint Valentine who was martyred. Chaucer, a famous poet, wrote about "Seynt Valentyne's day" in his famous Parliament of Foules. Other historians attribute the holiday as a celebration of the life of Saint Valentine who lived in Constantinople 150 years after Constantine turned the city in a Christian one. There was a pagan celebration on February 15th where lots of unmarried men chose a bride and were married on this day. Married men didn't want to go to war, so Roman Emperor Claudius II forbade young men to marry. Valentine ignored the decree and was executed on February 14, in the year A.D. 270.

## Presidents Day History

President's Day, or Washington's Birthday as it is still legally known, was originally designed as a celebration of George Washington's birthdate. In 1880, Congress voted to make this the first national holiday which honored an individual. In 1968, Congress enacted the Uniform Monday Bill, to give workers as many long weekends as possible. This moved as many holidays to a standard Monday each year. Many states were already honoring Abraham Lincoln's birthday, February 12th, and this celebration was combined with George Washington's birthday, for one federal holiday. It is observed on the third Monday in February each year.

<http://www.wincalendar.com>



# Word Search Puzzle

M H J D R C C E O B M S F W R W S A O V  
 L O O I I I Y I R B A V E F A J Y N M R  
 P O N L U Q B E L R H A V R W A S I E B  
 N A R O D A A O G O K R N M O G T G G L  
 S A S B U T X I F N T I Y T C O O N A O  
 G E A S H N D P E L N S H T L H L A Z O  
 Z R K I L R S S Q G A G A T U D I F M D  
 D I N O A E S A S Y I V H I X N C S W P  
 D G V M R R F I T R T T I E D U S T R R  
 Q U A O C T G T E U Z L F N A O H L O E  
 T R L J A N S V W W R R U O Z R O T F S  
 R T E H S U I T E B L A B C B G T R H S  
 O R N U P R E S I D E N T S I U C S Z U  
 F S T Q D C A I D R A C Z E H F H W X R  
 M F I E T A L O C O H C V M D L F N K E  
 O K N S U P E R B O W L W Z A V I I R V  
 C C E N H G L O R E T S E L O H C Z D Y  
 S E S Y G L Q I C B O N H E A L T H W A  
 I E G S F O Z U Y S X E L M X M A K Q K  
 D H W S X W I Z G J G C L P P H L Y J N

ANGINA  
 BLOOD PRESSURE  
 BREATHING  
 CARDIAC  
 CHOCOLATE  
 CHOLESTEROL  
 DIASTOLIC  
 DIFFICULTY  
 DISCOMFORT

DRIVE RIGHT  
 EGGS  
 GARLIC  
 GROUNDHOG  
 HEALTH  
 HEARTS  
 MARDIGRAS  
 MONOUNSATURATED  
 OMEGA

PASS LEFT  
 PRESIDENTS  
 RIBOFLAVIN  
 STROKES  
 SUPERBOWL  
 SYSTOLIC  
 VALENTINES  
 WARNING SIGNS  
 WEAKNESS

The Safety Advisor puzzle is generated from the  
<http://school.discoveryeducation.com/>  
 Omissions or errors are possible and are the sole responsibility of the program  
 and not the producers of this Newsletter.

# SAFETY SLOGANS

**Do you have an eye for safety or are you blinded by bad habits?**

**Is it worth not paying attention and Moving Over?**

***Infractions regarding Florida's Move Over Law Include:***

- ***Over \$100 in fines.***
- ***Three (3) points on a driver's license.***
- ***Potentially adverse reaction from individual's insurance company, leading to increased rates or cancellation of coverage.***
- ***Others depending on the severity of the charge and the number of occurrences on an individual's driving record.***



**Hotline**

***Safety Hot Line***  
***(850) 414-5255***

**You can report hazards by telephone.  
You can remain anonymous.  
Everything is confidential.**

**Hotline**

**Hotline**

**Hotline**

This monthly newsletter is produced in the State Safety Office by Mark Eacker. For content information, please call or email the editor, Mark Eacker, at:

850-414-4176 / [mark.eacker@dot.state.fl.us](mailto:mark.eacker@dot.state.fl.us)

Our internet address is: [www.dot.state.fl.us/safety](http://www.dot.state.fl.us/safety)

Our intranet address is: [Infonet.dot.state.fl.us/safetyoffice/](http://Infonet.dot.state.fl.us/safetyoffice/)



**Safety Advisor Customer Satisfaction Survey**

We are interested in your opinion. In order to better serve your needs,  
please take a moment to fill out this brief questionnaire. Send to:

Fax: 850 414 4221

Via US Postal Service (or inter-office mail) to the address shown below:

Attention: Industrial Safety  
Florida Department of Transportation  
605 Suwannee Street, MS 53  
Tallahassee, FL 32399

**Safety Slogan of the Month Entry Form**

Survey Questions	Yes	No
Are the Safety Advisor topics relevant to your day to day job?		
Do you use the Safety Advisor in any manner other than read it?		
What would you suggest to improve the suitability of the Safety Advisor to your needs or to improve the overall quality? (Please be specific)		
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Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.		
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Please Print  
Safety Slogan

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Name: \_\_\_\_\_ Location/Office: \_\_\_\_\_  
District: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_



## February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2  Groundhog Day	3	4	5  PAY DAY	6
7  SUPER BOWL	8	9  Mardi Gras	10  Ash Wednesday	11	12	13
14  Valentine's Day	15  Presidents Day	16	17	18	19  PAY DAY	20
21	22	23	24	25	26	27
28	29	1	2	3	4  PAY DAY	5

## THE MONTH OF FEBRUARY

February 2016 is Observed as	Black History Month and American Heart Month.
Birthstone	Amethyst
Fruit & Veggies for the Month	Oranges; Star Fruit; Calabaza Squash; Chayote Squash; and Bitter Melon.
February Flower	Violet.
Astrological Signs	Aquarius (till 18th) & Pisces (19th→).
Other Notable February Dates & Events	February 5, National Wear Red Day and February 29, Leap Year.